



NEWSLETTER OCTOBER 2008 VOLUME 1 ISSUE 5

● Save the date for
2008/2009 Meetings (all
meetings are held at Highlands
Church 9050 E. Pinnacle
Peak)

Tuesday, October 21 1:30pm
(Half-day PV District)
“Drugs & Internet Safety”
Talk Geared for Kids,
Presented by Scottsdale
Police Department for kids.

Thursday, November 13 11am
“What “Kid” Crimes Are
Going on in Your
Neighborhood?” Presented
by Probation Department
for parents.

Thursday, December 11 11am
Open Discussion Prevention
Tactics.

Thursday, January 15 11am
“How to Tell If Your Child
is Under the Influence”
presented by Drug
Recognition Officer for
parents.

Tuesday, February 10 1:30pm
(Half-day PV District)
“Keeping Kids Safe from
Bullying and Abuse”
presented by CASA for Kids.

Thursday, March 5 11am
“Current Trends Facing
Our Youth” presented by
Community Bridges.

Tuesday, April 28 1:30pm
(Half-day PV District)
“Dangers of Smoking” Talk
Geared for kids presented
by Scottsdale Health Care.

A Letter from the Founder/President:

Dear Members:

Last month, Jan Hamilton from Doorways Arizona
(www.doorwaysaz.com) presented to our group on eating disorders. We
also heard first hand from a mother who was hit home with this reality.

In the United States, 5-10 million girls and women, and over 1 million men
and boys struggle with eating disorders. Half of adolescent females report
dieting before the age of 14. Children as young as 6 years of age are being
diagnosed with eating disorders. Although this has been a disorder
affecting young girls and women, males are also starting to adopt this
behavior.

It doesn't take long to understand the issues our children face. Culture and
the media have a huge impact. Today's children are exposed to thousands
of hours watching thinness equated with personal happiness, love and
success. It's really no wonder young people turn to weight-loss as a way
to solve problems. Genetics, family history, abuse, peer influence, and low
self-esteem also contribute to children turning to this outlet.

As we learn all of this information it's hard not to feel a little discouraged
with all the possibilities are children are up against. We have to remember
knowledge is power, and knowing what we are up against is half the
battle. Being on top if it and knowing what to do, and how to prevent
it...well we are just ahead of the game.

As parents we can choose to open our eyes to these realities...or we can
turn our backs and wear the MASK and hide. I choose to BE AWARE and
help change the direction...what are you going to do?

Sincerely,
Kimberly Cabral
Founder/President

Save the date:
December 4th Holiday Boutique
Come shop for the holidays all proceeds support MASK
February 28th Making the Mask Difference Luncheon